

# To A Healthier You

**August 2007**  
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Glad

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Set realistic goals; I will incorporate one additional fruit or vegetable into my daily diets, and avoid second helpings for one week.	Increase the fiber in your diet to 35 grams daily. A few good sources: Apples, baked potato with skin, bananas, beans, bran flakes, raisin bran, wheat germ, legumes, prunes, whole grain breads.	Recently quit smoking and craving a cigarette? Try deep breathing, snacking on some fresh vegetables, or going for a walk. The craving will pass in a few minutes. You can get through it!	Avoid skipping meals or you may be more inclined to overeat when you do eat. Try grazing on "smart snacks" - e.g. fat-free dairy, fresh fruit, raw veggies, baked tortilla chips with salsa between meals.	Be sure to warm up, stay flexible by stretching and cool down following your workout.	Make Sprouts Part of Your 5 A Day Plan: include cabbage, Mung bean, or lentil sprouts in all your vegetable and fruit smoothies or blended juices for a tasty treat.	Try keeping a diary of your physical activity. Writing down your accomplishments may help motivate you to stay on the right track.
Use vegetable oils - such as canola oil or olive oil - over solid fats. Mono-saturated vegetable oils may contribute to improved HDL (good cholesterol) levels.	Eat a carbohydrate-rich food - such as a half bagel, a cup of lowfat yogurt or a fresh fruit - within two hours of exercising to avoid running out of energy.	In the heat, stop exercising at the first sign of muscle cramping or dizziness. Keep fluids on hand for ready re-hydration.	Make Tomatillos Part of Your 5 A Day Plan: slice tomatillos into salsa to add color and flavor.	Marinate cubed tofu in teriyaki sauce and garlic. Stir-fry with all of your favorite vegetables and serve over rice.	Doing too much too soon may cause you to give out and give up too soon. Choose a gradual pace for increasing your activity.	Make Limes Part of Your 5 A Day Plan: add thick slices of lime to make tangy summer kebabs on the grill.
Keep the courage even when you don't see immediate results from your activity or healthy eating efforts. In the end, persistence pays off.	Make Parsnips Part of your 5 to 9 A Day Plan: roast parsnips with other root vegetables in a 400°F oven with a drizzle of olive oil and your favorite herbs. Serve as side dish.	Canoeing or kayaking lessons could help prepare you for a new fitness experience.	Make Beets Part of Your 5 to 9 A Day Plan! Slice or julienne-cut chilled beets and toss with a vinaigrette dressing. Add beets to salads and slaws for added color.	If you need to lose weight, start with a goal of losing just 5 pounds. Celebrate your success with something that reinforces healthy behaviors. Then start on the next 5 pounds.	<i>Be aware that high protein, low carbohydrate diets may jeopardize your health. Aim for balance in your diet.</i>	Super-sized French fries plus a large soda and deluxe burger may net you 1300 calories in just one meal.
It could take about 4 hours of walking at 3 mph to work off 1300 calories consumed in one meal!	A snack that contains more than 480 milligrams of sodium is considered high in sodium. Aim for under 200-300 mg sodium in a snack serving.	After vigorous exercise are you too anxious to just end it? Remember that a 5-10 minute cool-down may help you experience less muscle stiffness. Walk around or do slow stretches.	Fish can be a great addition to your healthy diet. Choose baked or broiled.	Garlic-seasoned rice vinegar works well on salad in place of fatty dressings; that is, if you like garlic. Or try a different variety of seasoned vinegars until you find one you like.	Approximately 2400 milligrams of sodium are contained in one teaspoon. That's about all that is recommended for a whole day.	Are your hand-weights gathering dust? Pick them up today. Begin with 8-10 repetitions and try increasing every day.
Search the internet for simple exercise demos, or see whether your local library or video store has fitness videos you can borrow.	Visit farms throughout the year where you can pick your own strawberries, peaches, and apples.	When exercising, try to incorporate activities to build cardiovascular endurance, strength, balance, and flexibility.	Biking for a charitable cause may provide inspiration to do a little more than your usual.	Michigan provides many opportunities for hiking, whether on flat or hilly terrain. Hiking can help increase bone density.	Practice positive self-talk. Expect success.	

